



SNOW Long Course Invitational
June 5-7, 2009

Hosted by SNOW Swimming

Sanctioned by USA Swimming through PVS and VA Swimming
Sanction #: PVI-09-56 / VS-09-06N

Meet Director: Eric Adams
coacheric@snowbirdaquatics.com

Meet Referee: Mike Ryan
LJKLM@comcast.net / 571-683-0315

Location: Claude Moore Recreation Center
46105 Loudoun Park Lane
Sterling, VA 20164
571-258-3600

Schedule:

Friday, June 5th:
Warm-up: 4:00-4:50pm / Events: 5:00pm

Saturday and Sunday, June 6 and 7:
13 and over Warm-up: 7:10-8:00am / Events: 8:10am
12 and under Warm-up: 11:30-12:15am / Events: 12:30pm

** Meet Director reserves the right to adjust times after entries are received

One 50 meter course will be used during each. Limited warm-up and warm-down lanes will be available throughout the meet.

Eligibility:

Open to invited Potomac Valley Swimming teams and USA Swimming teams. Teams desiring an invitation are to contact the meet director. Swimmers shall compete at the age attained on Saturday, June 6th, 2009.

PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with disabilities are welcome to participate and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Rules:

Current USA Swimming rules shall govern the meet.

Swimmers may only participate in their own age group events or open events.

Swimmers may enter a maximum of 7 individual events during the entire meet and no more than 3 individual events per day.

No on-deck USA-S registrations will be permitted.

Warm-Up:

The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

Coaches are responsible for the conduct of their swimmers and families, as well as maintaining clean team areas. Coaches & deck officials are required to display their valid 2009 USA Swimming credentials.

Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.

Admission:

There is no admission charge. Meet programs will be made available at www.snowswimming.org by Thursday, June 4th by 12pm.

Officials:

All certified officials wishing to volunteer to work this meet should contact Mike Ryan, Email: LJKLM@comcast.net. Phone: 540-687-0315. Please include your club affiliation, certifications held, and sessions you wish to work.

Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.

Each participating club is requested to provide at least one official and 3 timers per session if entering 25 or more swimmers.

Seating:

Due to the limited pool deck space, no chairs are allowed on deck.

Penalties:

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

Entries:

Teams should provide entries as follows:

1. Email:

Send e-mail to Eric Adams at: coacheric@snowbirdaquatics.com
Include with your commlink file one report by name and one by event.
Create these reports in HyTek Team Manager and save as Word for Windows files.
In the body of your email, provide entry numbers (girls, boys, totals).
Include contact information (e-mail, phone, officials contact).

Entry Deadline: Tuesday, May 26th by 5pm**Important:**

The Meet Director will acknowledge receipt by return email within 24 hours.
Teams submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other means to confirm receipt.

The above date is the deadline for teams to submit their entries to the Meet Director. Therefore, teams usually set an earlier deadline to receive entries from their swimmers. Check with your team for this information.

Other Registration Details:

Entries directly from individual team members will not be accepted.
Entries by phone or fax entries will not be accepted.
Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible team official will not be accepted.

Entry Times:

Only long course times are applicable

Fees:

\$6.00 per individual event
\$2.00 Facility surcharge

Checks:

Each participating team is requested to remit one check to cover the entry fee for the entire team.
Please make checks payable to "SNOW Swimming". Please do not send cash.

Entry fees are due with each team's entries. Unpaid fees will be reported to the PVS Administration Office at the conclusion of the meet. No further entries will be accepted from teams for future meets until entry fees are paid in full.

Send Entries To:

Eric Adams
342 Hedgestone Terrace NE
Leesburg, VA 20176

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Friday, June 5th

Warm up: 4:00pm / Events: 5:00pm

Girls Event #		Boys Event #
75	Open 800 Free	76

** 800 Free will be swum fastest to slowest

Alternating women and men

Swimmers in the 800 need to provide their own timer and counter

Saturday, June 6th

13 and over session

Warm up: 7:10 / Events: 8:10am

Girls Event #		Boys Event #
1	13 & Over 50 M Freestyle	2
3	13 & Over 100 M Backstroke	4
5	13 & Over 200 M Breaststroke	6
7	13 & Over 100 M Butterfly	8
9	13 & Over 200 M Individual Medley	10
11	13 & Over 400 M Freestyle	12

12 and under session

Warm up: 11:30am / Events: 12:30pm

Girls Event #		Boys Event #
13	11-12 50 M Breaststroke	14
15	10 & U 50 M Breaststroke	16
17	11-12 100 M Backstroke	18
19	10&U 100 M Backstroke	20
21	12 and under 200 M Breaststroke	22
23	10 & U 100 M Butterfly	24
25	11-12 100 M Butterfly	26
27	10 & U 50 M Freestyle	28
29	11-12 50 M Freestyle	30
31	10 & U 200 M Individual Medley	32
33	11-12 200 M Individual Medley	34
35	10&U 400 M Freestyle	36
37	11-12 400 M Freestyle	38

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Sunday, June 7th

13 and over session

Warm up: 7:10 / Events: 8:10am

Girls Event #		Boys Event #
39	13 & Over 100 M Freestyle	40
41	13 & Over 200 M Butterfly	42
43	13 & Over 100 M Breaststroke	44
45	Senior 400 M Individual Medley	46
47	13 & Over 200 M Freestyle	48
49	13 & Over 200 M Backstroke	50

12 and under session

Warm up: 11:30pm / Events: 12:30pm

Girls Event #		Boys Event #
51	12 and under 200 M Butterfly	52
53	10 & U 50 M Backstroke	54
55	11-12 50 M Backstroke	56
57	10 & U 100 M Breaststroke	58
59	11-12 100 M Breaststroke	60
61	10 & U 200 M Freestyle	62
63	11-12 200 M Freestyle	64
65	10 & U 50 M Butterfly	66
67	11-12 50 M Butterfly	68
69	12 and under 200 M Backstroke	70
71	10 & U 100 M Freestyle	72
73	11-12 100 M Freestyle	74